

## **ABSTRACT**

Disposable towels or wipes having a chamber or ampoule containing a predetermined quantity of a supercooled liquid exotherm compound and  
5 a small amount of the compound in the crystal form, such that the crystal and the liquid are separated until time for use. Upon action by the user, such as by bending or otherwise breaking the separation between the crystal and the liquid, an exothermic reaction takes place as the liquid crystallizes, releasing a known amount of heat to cause the  
10 towel to warm. Calcium carbonate is the preferred compound. A temperature indicator may also be included as part of the packaging.